

Parents and siblings feel the pain of addiction, too.

Hazelden helps families get through the chaos and confusion of addiction—and discover healthy new ways of coping.



Recovery is stronger when family members are involved in the process.

“Like most other families, we learned that we are ‘enablers’ and that many of the things we were doing out of love were not helping.”

—A Parent Program participant

Recovery from addiction is about healing—for your whole family.

It’s normal for parents and siblings of alcoholics and addicts to feel confused, angry, and helpless. The everyday stress of living with addiction takes a toll on all family members—physically, emotionally, socially, and spiritually.

You can’t control your loved one’s addiction, but you can take responsibility for your own health and happiness. Through Hazelden’s four-day Parent and Sibling Programs, you will identify the different ways addiction has affected you and your family and learn what you can do to take care of yourselves.

As the loved one of a person with addiction, it is important for you to understand three basic truths about the disease:

- you didn’t cause the addiction
- you can’t control the addiction
- you can’t cure the addiction

By becoming aware of the beliefs and experiences that shape your own behaviors, you will begin to identify new, healthy ways of coping with addiction and relating with your addicted loved one and other family members.

Recovery is a whole new world for parents, too

A young person’s recovery from addiction opens up a new world for you as a parent—a world that requires new ways of thinking, behaving, relating, and taking care of yourself. As a parent who has likely been focusing your energies on your addicted child, recovery for you and your family means relearning how to take care of yourself and your relationships with other family members.

Through Hazelden’s four-day Parent Program, you will gain insight, encouragement, and practical tools as you move forward into this new world of recovery. The support from other parents in similar situations, combined with the expertise of Hazelden’s licensed professionals, provides a powerfully affirming experience. Through lectures, videos, small-group discussions with other parents, and a family conference, you will:

- understand the disease of addiction and its impact on your child and your family
- learn about the effects of alcohol and other drug use on your child’s development
- develop new techniques for parenting a young person in recovery
- gain support through interaction with other parents, and realize the benefits of establishing a support network
- make a plan for your continued self-care and recovery



Our Parent Program is offered weekly and runs four consecutive days, Sunday afternoon through Wednesday evening.



Designed specifically for young people ages 12 to 20, our Sibling Program is offered once every three weeks and runs four consecutive days, Sunday afternoon through Wednesday evening.

“I learned I wasn’t the only parent who stayed awake wondering where his son was. I wasn’t the only parent who tried to cover up for his child, who bailed him out of jail, who tried to hide his behavior so that people wouldn’t call him a thief or a liar.”

—A Parent Program participant

Siblings need to sort things out, too

You’ve seen how addiction has changed your brother or sister. Whether you realize it or not, your brother or sister’s addiction has probably affected the way you think and behave, too. Keeping secrets. Worrying a lot. Feeling resentful or embarrassed. These are the kinds of things that happen when you struggle with addiction in the family. Recovery for you and your whole family starts with figuring out how each of you can take care of yourself.

At Hazelden’s four-day Sibling Program, you will spend time with other people your age whose brothers or sisters are struggling with addiction. And you will learn from Hazelden’s counselors who have helped many other families cope with addiction. Through lectures, videos, small-group discussions, and a family conference, you will:

- understand that addiction is a disease, and that it has affected your whole family
- learn how alcohol and other drug use has affected your brother or sister’s development
- strengthen your own resilience
- interact with other people your age whose brothers or sisters struggle with addiction, and realize the benefits of staying connected with a support network
- learn how to be supportive of your brother or sister back at home after treatment
- make a plan for your continued self-care and recovery

Why Hazelden

Hazelden’s Center for Youth and Families recognizes addiction as a chronic, progressive, and sometimes-fatal disease. We also know it is a manageable disease.

Nearly three decades of experience have taught us that young people are most open to change when treated in an environment of dignity and respect. Our structured yet nurturing environment encourages personal growth and responsibility. It’s an approach that’s led to recognition of Hazelden as a national leader in addiction treatment for young people ages 14 to 25.

Where we’re located

Hazelden’s Center for Youth and Families is located in Plymouth, Minnesota, a western suburb of the Twin Cities. Situated on rolling, wooded acres with walking trails and natural beauty, Hazelden’s campus provides you with a beautiful, healing environment to focus on recovery.

Call today

We invite you to call Hazelden at any hour, any day of the week: 800-833-4497. All calls are confidential and toll-free.

“I didn’t understand how my sister could choose getting drunk over hanging out with me. Now I know it wasn’t really her choice. And I am so happy to have my real sister back.”

—A Sibling Program participant



hazelden.org/HCYF
800-833-4497

Hazelden, a national nonprofit organization founded in 1949, helps people reclaim their lives from the disease of addiction.